Aquí Para Tí

Whittier Clinic
810 Nicollet Avenue
Minneapolis, MN 55408

Mondays, 1 - 4 pm
Tuesdays, 1 - 4 pm
Thursdays, 1 - 4 pm

Appointments: 612-873-8145 or 612-873-6963
www.hennepinhealthcare.org/aquiparati

About us
Aquí Para Tí (APT) is a comprehensive, primary care clinic-based, healthy youth development program that provides medical care, coaching, health education, and referrals to Latino youth ages 10 to 24 and to their families. APT uses a confidential, family-centered approach, protecting youth privacy while encouraging family members to work together to support the healthy development of their child. This program is funded by the Eliminating Health Disparities Initiative of the MN Department of Health and Hennepin Healthcare.

Our team
Our team has bilingual professionals in the areas of medicine, adolescent care, health education, school and college access, social work and healthy life coaching, among others.

Did you know?
The Latino population in the U.S. has grown from 13 to 17 percent of the population (and increased by nine million people).
The teen birth rate among Hispanic teens was 38 births per 1,000 teens in 2014; a 9% decline from 2013 and a 64% decline since 1991.
Latino students’ high school completion increased from 57 to 65 percent, and their percentage of high school dropouts has been cut in half to 13 percent.
The college enrollment rate for Latinos increased from 54 to 70 percent, resulting in a higher rate of Hispanic students enrolling directly after their high school graduation than Caucasian or African American students.

Teens and confidentiality
By Minnesota Law, teens can have confidential appointments for pregnancy tests, family planning, tests for sexually transmitted infections, prenatal care, and drug abuse. Confidential means that teens and the clinic do not have to inform their parents or guardians of the appointment.
**How APT works**

At the first appointment,* the youth (and the person accompanying him or her if the appointment is not confidential) will:

- Receive an explanation of the program and their confidentiality rights.
- Fill out a questionnaire alone to identify their concerns and interests.
- Meet individually with the doctor and the other members of the APT team.
- Create a treatment plan according to the needs and strengths of the youth and/or family.
- Make a follow-up appointment to review the plan and connect with resources as needed.

*The first appointment lasts about two to three hours.*

**Services offered**

**Medical services** such as:

- Complete physical exam
- Pregnancy tests

**Consultation** for topics like:

- Depression, anxiety or anger
- School issues
- Relationships with family or friends
- Communication between children and parents
- Abuse of drugs and/or alcohol
- Worries about height or weight
- LGBTQ issues

**Education about:**

- Health
- Family planning
- Pregnancy care
- STIs
- Raising teens
- Parenting coaching
- Navigating the school system
- Higher education options
- Stress management

**Referrals** to other services:

- Youth activities
- WIC (Women, Infants and Children)
- Nurses who can visit pregnant women at home
- Individual and family therapy
- Schools
- Food shelves
- Specialty exams
- Legal resources

**Cost**

- The cost of a visit at APT is the same as for a regular medical appointment.
- The difference is that for APT appointments, the patient has free access to health education, mental health evaluation, counseling and referrals to other resources.
- Our clinics accept any type of medical insurance (excluding HP MA).
- If you do not have health insurance, you can meet with a financial consultant to apply for medical insurance or a discount card.
- We offer access to family planning services if a patient is uninsured or underinsured.

**Behavioral Health Home**

APT is certified as a Behavioral Health Home. Latino youth and their families experiencing mental health issues such as depression, anxiety and/or severe behavioral problems based on trauma, will receive person-centered care in a culturally appropriate way that values their strengths.

Our team, including a mental health practitioner, will address individual goals for mental health and substance use. We will work with other community providers to ensure individuals receive a comprehensive diagnostic assessment and get connected with resources as appropriate.

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[Learn more about Aquí Para Tí](hennepinhealthcare.org/aquiparati)